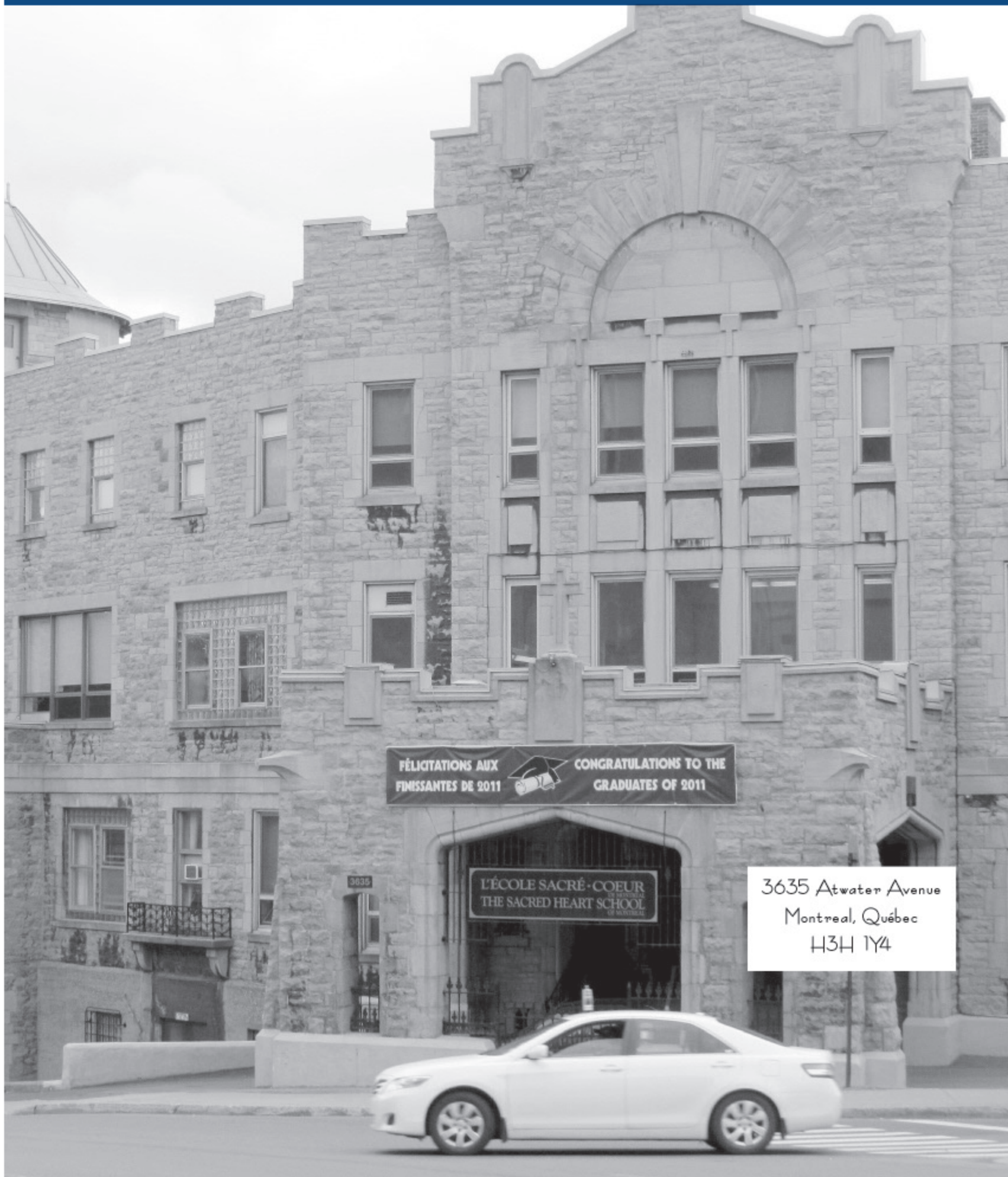




3635 Atwater Avenue
Montreal, Québec
H3H 1Y4

1861 - 2011
Celebrating 150 years of excellence in education

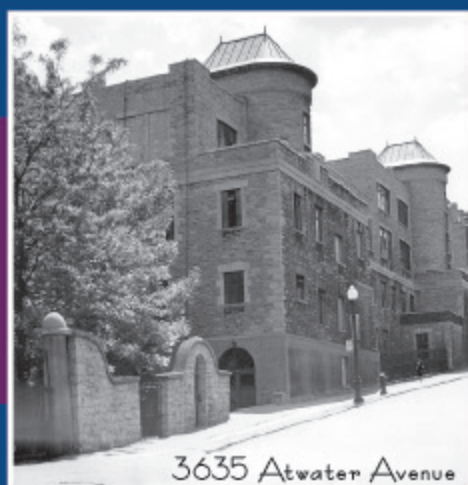
Published in Canada Printed in USA



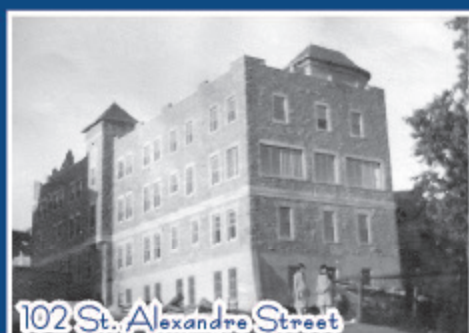
The Sault au Récollet



102 St. Alexandre Street



3635 Atwater Avenue



102 St. Alexandre Street

This year, we celebrate our past, our present and our very bright future. We celebrate 150 years of excellence in education. We celebrate 150 years of being young. We are forever young...

V

This is our birthday year-- we are turning 150 years old, and we still look great!

I

We have always taken pride in our high academic standards. The world has evolved, technology has progressed immensely and 150 years later we still maintain a superior quality of education.

T

We are a part of a network of hundreds of schools all around the world: 21 in the United States and other affiliates of the Society of the Sacred Heart in 44 countries around the world.

A

Women of great distinction have built this school on a very firm foundation. Mother Trincano guided the first steps of the City House.

L

We are like a family, not necessarily bound by blood, but by the strong ties of the Heart.



INFORMATION *about* Sacred



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SHSM 150

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Forever Young

Celebrating 150 years of excellence in education



Head of School's Address



DEAR GRADUATES OF 2011,

You have the distinction of being the 150th Graduating Class of The Sacred Heart School of Montreal! Wow, now that's something to brag about!! You have accomplished so much during your years at Sacred Heart, and you should all be very proud of yourselves.

A Sacred Heart education means that no child is invisible, every child is important. Saint Madeleine Sophie Barat said that she would have founded the society of the Sacred Heart "for the sake of one child." I believe she would have been extremely proud of each and every one of you.

Leaving the nest is never easy, but this is a very exciting time, filled with so much hope and promise. There will be many challenges, but with every challenge comes opportunity. Remember that you have been well-prepared by your teachers and parents, and you are more than ready for the next step. Enjoy this next stage of your life, stay focused and work hard as you continue to discover yourselves and this amazing world we live in.

Take the time to explore your interests, meet new people, and discover your hidden gifts. Be a committed and life-long learner, and whatever career path you follow, approach life with passion and compassion. Love what you do and enjoy doing it. Be happy and make others happy, and be respectful and demand that you be respected. And above all, remember your Faith and always follow your conscience and be true to yourself and family.

I am very grateful for having had the privilege of working with you these past two years. I truly admire the harmonious relationships you all share with each other, and your caring ways not only among yourselves but with the younger students of our school. I am very impressed by your class's spirit of cooperation and leadership that you have expressed in so many different ways. You have not only been a strong group academically, but have excelled in so many other areas including the arts, robotics, athletics and community service. You are the type of dynamic class that faculty love to work with and who have "The Right Stuff."

The 150th Anniversary of the Sacred Heart School of Montreal is without doubt a landmark event. An anniversary year does not define you as a group but rather you define it with your individual qualities that ultimately set the tone of the group as a whole. You will be forever remembered for your passion, humor, determination, resilience and honesty. These are the precious attributes that you have shared with us for the past five years. This will now become your legacy and as a result it is these same qualities that will forever define the 150th Graduation Class. Your contributions to The Sacred Heart School of Montreal have now been indelibly etched in our school's history and the chapter you have written is rich indeed!

The scholar Joseph Campbell once said, "The privilege of a lifetime is being who you are." By remaining true to yourselves, I am confident that in the years to come you will, each in your own way, make the world a kinder, gentler place. Your parents deserve tremendous credit for your development and success, not only from an academic standpoint, but also in terms of your character and integrity. Your teachers have also done an excellent job preparing you for post-secondary education and for life in general outside of these walls. I believe you will not really begin to appreciate just how well prepared you are until next year. To both your parents and teachers, I offer my congratulations and thanks.

In conclusion, I would like to congratulate and thank the dedicated Memory Book team of Ms. Michelle Lessey and Pascale Nguyen, with special help from Gabrielle Bucaya and Vanessa Minicozzi-Capozzolo. They have worked tirelessly in their quest to produce the "perfect memory book" and I think you will agree with me that they have succeeded. They have created a wonderful, special 150th edition that will make us all very proud.

On behalf of everyone at The Sacred Heart School of Montreal, I would like to say a fond farewell to you, the class of 2011, our 150th Graduating Class. We wish you great success and send you off with this Irish Blessing:

May your days be filled with blessings
Like the sun that lights the sky
And may you always have the courage
To spread your wings and fly.

We hope you come back and visit us often!

Shawn O'Donnell
Head of School



Dear Graduates,

For five years you have impressed and inspired us with the range of your talents, your capacity for hard work, your infectious enthusiasm and spirit of adventure, as well as your individual strength of character. You have amazed and amused us, learned from but also enlightened us. You have enriched our lives in innumerable ways. You have also grown in confidence and self-knowledge, and you leave Sacred Heart well-prepared for the wealth of opportunity that awaits you. Put your talents and energy to good use, always find time for self-reflection, and make choices that inspire you to do and be your best. My wish for you is that wherever you go, whatever you do, you choose your path with care, and pursue it with love and integrity.

Jean Filipovich
Assistant Head of School

Saint Madeleine Sophie Barat once said, "Your example more than your words will be an eloquent lesson to the world." Your time as a Sacred Heart student housed in the safe shelter of City House has a beginning and an end. Your experience of a Sacred Heart education, however, is something that will be a part of you for a lifetime. During your time here you have had excellent academic instruction, five memorable retreats, and a wide variety of exciting trips. Personally, I will never forget the total fun, laughter and shopping, we shared on our New York excursion (long live Canal Street). You are all grown up now and ready to make your way in the world and it will be full of exciting new beginnings for each of you. As you meet each new challenge, never doubt your own worth. Please remember that for this world to be a better place it needs your intelligence, your goodness and your example. I wish you success in all your endeavors and a future wrapped in good health, happiness and laughter.

Joanne Mastro
Dean of Students



Dear Graduates,

Once every few years I look at my high school yearbook and many warm memories come to mind. I hope you will also reminisce on the good times that you had with your friends, teachers and loved ones. Keep this in mind along the way: *"A happy life is just a string of happy moments. But most people don't allow the happy moments, because they're so busy trying to get a happy life."* Abraham-Hicks

Iveth Bosmediano
Business Manager

As Canadian chemist and physicist Geraldine Kenney-Wallace said, "Education is intellectual travel - go out with confidence and explore the world with your mind and your own eyes." As the 150th Graduating Class you hold a special place in the history of your school. Treasure your roots, spread your wings, live your dreams, make your mark and remember that "the purpose of a woman's life is...to make the best possible contribution to the generation in which she is living." Louise McKinney 1868-1931 - One of the Famous Five

Colleen Bronson
Director of Advancement



Editor-in-Chief



Our Photographers



Sheridan Harel



Sofia Massari



The Triumvirate

This is it, the 2010-2011 Special Edition Sacred Heart Yearbook. Countless hours of staring at a computer screen trying to figure out who was missing from the page, how to place the pictures and why not coming out properly have all amounted to this: a book celebrating the special 150th year of SHSM. My yearbook experience, though

at times stressful, has

been an amazing one and looking at the finished product, I believe all my hard work has really paid off. So thank you to all the editors and photographers for playing such an integral role in the making of this yearbook: Katherine for being so helpful and skilled at Photoshop; Gabby and Vanessa for being such great co-editors and for keeping the yearbook room lively; and Ms. Lessey, the best advisor I could have asked for, without whom this yearbook would not have been made possible. Grads '11, "The best things in life come in threes, like friends, dreams, and memories." I hope that as you flip through the pages and reminisce, this yearbook serves its purpose as the key to opening the door to the best things in life.

xoxo,

Pascale



A special thank you to Ms. McIvor for proofing all 112 pages of this book.



Caroline Chamandy
Undergrads Editor



Sarah Atallah
Sec III Editor



Amanda Alessi
Clubs and Sports Editor

Our Editors



Emma Pallay
Sec IV Class Editor

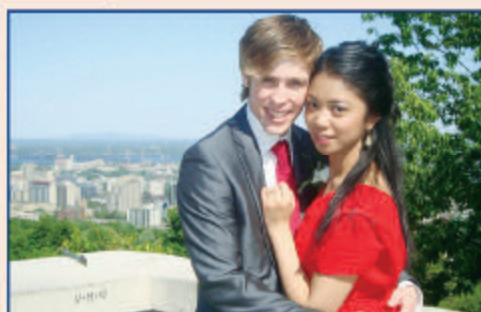
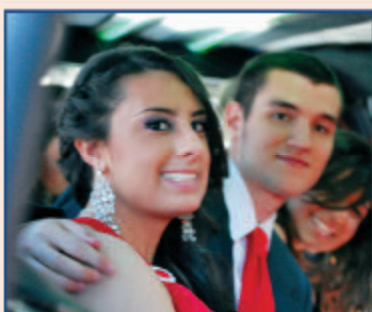
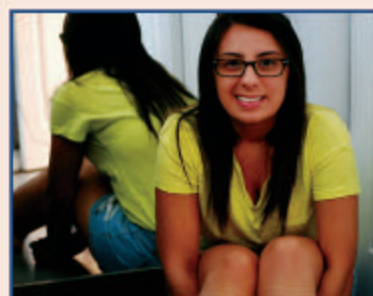


Sarah Murphy
Sec IV Class Editor



Katherine Chamandy
Activities Editor

Our Advisor



Co-Editors

This year, my experience on Yearbook was incredible. I recall plentiful hours of work (not to mention cookie munching) and realizing that I had skills I never knew about! Each task I thought to myself, "CHALLENGE ACCEPTED," and now, all the challenges have been met. Finally, there was never a dull moment with my fellow editors Vanessa and Pascale and Ms. Lessey, our AMAZING Yearbook Advisor who always kept us on our toes.

xoxo,

Gabby





Academics



SHSM 150

Academic success has always been recognized at Sacred Heart. Prizes ceremonies highlighted those who put forth paramount effort and came out on top. Prizes were offered for Distinction, Good Conduct, and even for Sewing and Penmanship. While today girls do not curtsy upon reception of prizes, it still remains as the most sacred ceremony at the Heart.



Lisa
Arella



Richard
Aumis



Aran
Bangs



Julian
Beauvais



Nathalie
Belfort



Tino
Bordonaro



Maureen
Brown



Amanda
Cardillo



Christiane de
Sainte Marie



Nina
Di Palma



No
Photo
Available

Tommaso
Draicchio



John
Filipe



Jose
Filipe



Angelo
Gallo



Mary
Gendron



Yvon
Guilbault



Peter
Judson



Fran
Lakatos



Martin
Laperle



Marie Elaine
Laquerre



Danielle
Lecuyer



Michelle
Lessey



Joseph
Lukaitis



Andrew
Lumsden



April
MacIntosh



Joan
McLellan



Roxanne
Martel



Randolph
Matusky



Gisela
McIvor



Louise
Morrisseau



Martin
Pagé



Helene
Pagette



Polly
Palumbi



Maureen
Pennell



Patricia
Potter



Antoinette
Raco



David
Reda



Laila
Sallak



Heather
Seeger



Sandra
Simpson



Gedi
Snapkauskas



Marie-Josée
Talbot



Kevin
Thiruchelvam



Catia
Valela



Rosemary
Vaupshas



Peter
Ward



William
Yin

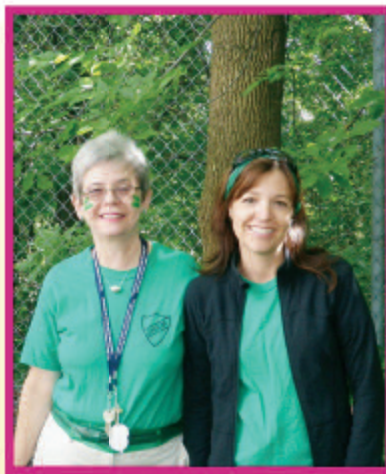
Faculty & Staff

"Good teaching
comes from good
people"
- Parker Palmer



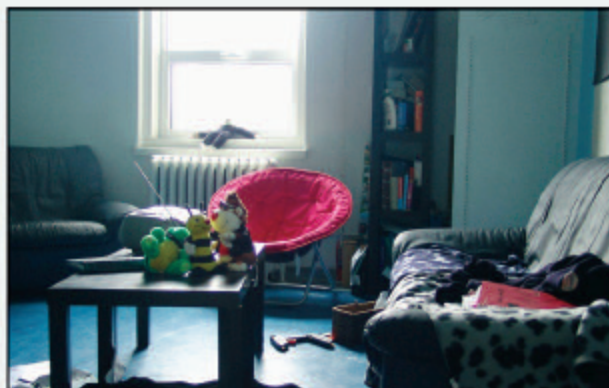
The Kitchen Staff
and helpers

FACULTY CANDIDS





The Prefect Room

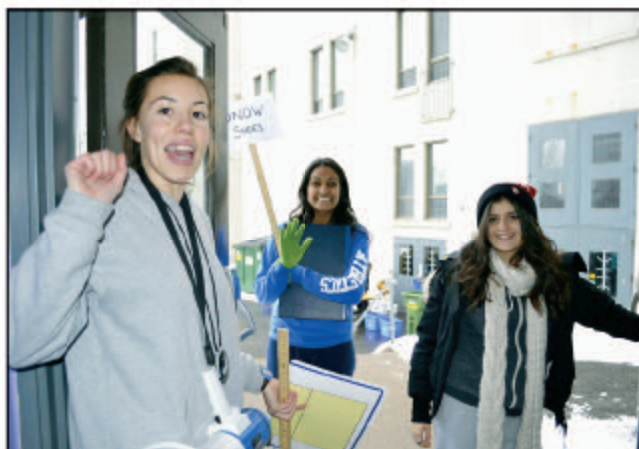


Photos (186)

Likes and Interests



Eating



Listening to music



Even after SHSM's fun but tiring first Walk-a-thon, we're still all smiles!



Having fun



Laughing



Academics

Model UN

Kenzia Araujo, Amanda Atallah, Gabrielle Bucaya, Alessia De Petris, Claudia Di Salvatore, Hannah Hyde-De Sousa, Emily Kyte, Alexina McLeod, Erika Pagnotta, Chelsea Thompson, Kayla Vecera



History of Quebec and Canada - History Complementary Exam 100%



Katherine
Chamandy



Gabriella
Courey



Alexa
Eberle



Hannah
Hyde-De Sousa

Youth Philanthropy Initiative Winners

Share the Warmth

Lauren Samo, Sarah Turcotte,
Sarah Camacho, Emma Pallay



Commonwealth Essay Competition Winners

Second Place:

Victoria Sarker

Highly Commended:

Laura Griffin

Commended:

Constantina Gicopoulos

Claudia Naccache

Pascale Nguyen



Victoria
Sarker



Jessica Abreu-
Moore

QAIS Essay Competition Winner

Second Place:

Jessica Abreu Moore



Thea
Koper



Alexia
Tummillio

Faculty Scholars

Secondary 2: Abigail Trevino

Secondary 3: Caroline Chamandy,
Claudia Belliveau, Adele Brawley,
Katherine Drummond, Amanda
Marino

Secondary 4: Hannah Hyde-De Sousa,
Alexina McLeod, Katherine Cha-
mandy, Maya Botti, Sarah Murphy,
Claudia Di Salvatore, Sarah Turcotte



Mile End Community
Mission Center



Auberge Transition



WIAH





Undergraduates



SHSM 150

The Sacred Heart School of Montreal opened its doors in 1861 with 15 students enrolled, and served as a boarding and day school for girls of all levels. From 1972, SHSM operated exclusively as a secondary school. In 1994, Sacred Heart stopped housing boarders.

For a brief stint in the sixties, at the elementary level, both girls and boys attended the School.

Caterina Alfieri
Sara Amicarelli
Felisa Antonanzas
Natalia Bedik
Sabrina Belcourt
Sofia Bittichesu
Josie Borsellino



Alessia Castonguay
Erika Cheng-Tarantino
Laura D'Altilia
Sierra D'Ambrosio
Corinne Darche



Gabriella De Mauro
Juliana de Stefani
Emilie Dupuis
Constantina Gicopoulos
Alexa Claudemans



Secondary 1 Class of 2015



It would be easy to say that the skirt changed everything this year. But looking back now I feel like our lives changed because they had to and nothing would ever be the same again.



Kaitlin Hagen
Natasha Hodge-Masnaghetti
Oona Joy
Caroline Koranteng
Mary Lynne Loftus
Giuliana Mannarino
Alicia Meloche

Lauren Mezzaluna
Margherita Montagna
Stephanie Narcisse
Raphaella Nikolopoulos
Ariana Pagnotta
Katherine Panet-Raymond
Inés Romero-Pamplona

Jullia Ryan
Joyce-Marie Salvo
Andrea Santamaria
Cayleigh Sorella
Sarah Spagnuolo
Louisa Tsoukalas
Athina Tzinevrakis

The Sisterhood of the Traveling Skirts



Taylor Akkaoui
Jasmina Alka
Carina Anelli
Iohserenharwi Bova
Kelly Burchell-Reyes
Ileana Cappello
Sabrina Correia

Avery Diabo
Serena English
Cassandra Estefanos
Meagan Fett
Allyson Fontes
Lisa Giaccari
Giovanna Giordano

Karen Golfi
Angelina Griffin
Sheridan Harel

Caroline Jeanson
Sophia Koper



Secondary II Class of 2014





Rebecca
Letourneau-Duynstee
Dana Malowany
Claudia Massarelli
Rebecca McPherson
Marissa Mezzaluna
Tatiana Mikus
Victoria Miron



Isabella Papalia
Laura Raco
Jessica Rouillier
Sabrina Sharifi-Alamdary
Julia Skothos
Abigail Trevino
Rachelle Valentim



Katrina Vecera
Katya Zappitelli



Victoria Alescio
Sarah Atallah
Kaia'tizio Barnes
Claudia Belliveau
Olivia Bouskill
Alice Brais



Adèle Brawley
Kayla Cabanas



Gabriella Caruso
Caroline Chamandy



Karina Ciricillo
Valeria Cori-Manocchio
Catherine D'Ambrosio
Gabriella D'Onofrio
Stephanie D'Arienzo
Jessica Delucilla



Alexa Diamantopoulos
Dominique DiCaprio
Emily Dikranian
Tracy Do



Katherine Drummond
Karyah-Kassandra Foster
Alexandra Gentile
Lisa-Marie Giorgio



Leona Claudemans
Stephanie Gravel
Lauren Honey Griffin
Sarah Harris-Gendron
Maris Jacobs
Georgia Kyres





Charlotte Le Fèvre
Vivian Luong
Amanda Marino
Kimberley Marks-
Beaubrun
Sofia Massari
Adrianna Mauchan

Kelly McCullogh
Catherine McDonald
Julia Messina
Kayleigh Metcalfe

Claudia Naccache
Esmé Panarello
Alicia Pinck
Sara Pulice

Brigid Roberts
Rachel Rubbo
Stefany Sacchetti
Monica Sapala
Athanasia Saviolidis
Nicoletta Saviolidis

Larissa Serafin
Sara Tagliamonti
Maya Taylor-Barnett
Aphrodite Vassiliou
Norah Woodcock
Myriam Zakaib

SECONDARY III

Class of 2013

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born." - Anais Nin





Secondary III Candids



Favourite Moments

From Classroom Bonding to fantastic field trips (how we love Joe Louis), to Kayla falling off the desk, Secondary three is full of great moments, great friends, and good times.



"Happiness often sneaks in through a door you didn't know you left open."

- John Barrymore



Secondary IV

Jessica Abreu-Moore
Amanda Alessi
Sabina Alka
Isabella Arduini
Jennifer Baldino
Jennifer Baratang Junio
Alexa Bedik



Maya Botti
Stephanie Cabanas
Sarah Camacho
Katherine Chamandy
Jasmina Ciccioppo
Gabriella Courey
Sophie Cruvellier



Olivia D'Ambrosio
Alessia De Petris
Diana Di Paolo



Claudia Amanda Di Salvatore
Katricia Durham
Alexa Eberle



Alissa Fiorito
Mireille Forget
Erika Gentile
Isabella Girardi
Victoria Maria Guadalupe
Ashley Hagen
Hannah Hyde-De Sousa



Thea Koper
Elena Kratsios
Emily Kyte
Emma Kyte
Elyana Lafrance
Amanda Larosa
Candice Law



Class of 2012



Melissa Likoray
Sabrina Macri
Pamela Mannarino
Sara Mannarino
Audrey Maréchal Houillon
Michelle Mariani
Olivia Mariani



Lauren Maruya-Li
Caitlin Matthew
Alexina McLeod
Melinda Meloche
Bethany Mount
Sarah Murphy
Jenna Novosad



Emma Pallay
Victoria Perrotta
Maria Power
Marina Preziuso
Jasmine Rach



Deidra Robertson-Chois
Jessica Roumeliotis
Hannah Ryan
Pranavy Sabaratnam
Claudia Salvo
Lauren Samo
Victoria Sarker



Christina Scalia
Katherine-Mary Skotarczyk
Angelina Smolyneec
Erica Starnino
Kylie Sura
Georgia Therriault
Nicole Tieman



Joanna Tsotas
Alexia Tumillo
Sarah Turcotte
Nina Zampogna





Candid







Sec I Retreat



The retreat was fun and exciting. We learned a lot about each other there. The best part of it was all of us making a fool of ourselves and tossing the leaves up in the wind. It was awesome!

Memories

Sec I retreat was lots of fun! It is an experience that will be kept with us forever. We each got a pin that represented something very meaningful and it is an excellent memory. What a great way to interact with our new friends.



We had a wonderful time on retreat. Our favourite memory was when we drew pictures of ourselves and placed them with our appropriate friend groups. We look forward to having more retreats in the future and keeping our friendships with our classmates.





**"Who came up with that ridiculous concept anyway? Resolve your entire life in one bold stroke? What if I fail? Then I'll be a complete failure."
"No offense, Harrison. But you died a failure because you never tried."**

Heart and Souls

Sec II Retreat



If God Was One of Us

If God had a name, what would it be
And would you call it to his face
If you were faced with him in all his glory
What would you ask if you had just one question

And yeah yeah God is great yeah
yeah God is good yeah yeah yeah
yeah yeah

What if God was one of us
Just a slob like one of us
Just a stranger on the bus
Trying to make his way home





Sec III Retreat



The Secondary IIIs had a blast at this year's retreat! We watched **Simon Birch**, which taught us to always believe in ourselves even if people are bringing us down. Not to forget, there's a miracle in all of us. Thanks to our teachers: **Mr. Gallo, Mr. Matusky, and Ms. Simpson** for accompanying us!





Sec IV Retreat



This year's Sec IV retreat's theme was "Your Life as a House." We had a great time learning about the importance of being yourself and making decisions based on your own dreams. Thanks so much to Ms. Mastro, Mr. Gallo and Ms. Valela for making this retreat so much fun!





Graduates

SHSM 150



For the past 150 years, The Sacred Heart School of Montreal has been graduating remarkable young women. Some notable ones are as follows.

Jennifer Finnigan '96 is a three-time Emmy Award winning Canadian actress, currently starring on ABC's sitcom *Better With You*.

Thérèse Casgrain '14 (Sault), was a feminist, reformer, politician and senator who led the women's suffrage movement in Québec. She was honored with a postage stamp in 1985 and she is on the back of the Canadian \$50 bill.

NEeMA '91 is a singer who blends jazz, folk and pop music. She has worked with notable musicians such as Leonard Cohen, and has met the Dalai Lama as well as Mother Teresa.

Graduates 2011

Carolina Alarcon



Wow, the past 3 years I will never forget here at Sacred Heart. I'd like to thank my family, especially my parents without whose support I don't think I would have made it! To D, S, SC I love you and without our crazy shenanigans, the years would have been dull.

MLT: Marry the president of Japan and become the first lady or become a super awesome ninja.

Camilia Amouzegar



High school is awesome. I had so many good times in the short time I've been here. Mom and Dad, you deserve a Nobel Prize for dealing with me. C.L.: Good times. L-M.G.: I love you. D.X.: Love you too. Oh yeah... THE GAME! Always out with a BANG!

MLT: Marry Tim Burton and live happily every after... in a synagogue.

Andrea Angelini

Congratulations girly, we finally made it! Grads of '11, you have definitely made these 5 years memorable. Thanks mom, dad and Tatto for all the support, I love you. Fun talks in the morning. Redheads and Brunettes forever. Ciao Sacred.



MLT: Move to Italy, get married and have four children.

Kenzia Araujo



"Graduation is only a concept. In real life, you graduate every day. Graduation is a process that goes on until the last day of your life. If you can grasp that, you'll make a difference." —Arie Pencovici

MLT: Change the world.

Aline Asfour



To my Sacred Girls, loving the memories. Thanks for the laughs and smiles. Bhebkon <3 Here's to the amazing times to come. We extra fly, we gon' touch the sky. Love you Mom, Dad, Pat, Sis and G. Yalla Bye Grads '11. Peace & Big Love, A's out xo

MLT: Laugh when something isn't funny, causing more laughter.

Amanda Atallah



"As I get older, I get smaller. I see other parts of the world I didn't see before. Other points of view. I see outside myself more." — Neil Young. Mischief managed.

MLT: Marry Mr. Clean.

Forever Young

Alexandra Bergeron



SEE YOU LATER, ALLIGATOR!

MLT: Marry Justin Timberlake, or Nick Jonas? Or John Mayer... AND become a famous rock star.

Liana Beyukian



To all the girls who have given me the best memories over the past 5 years, love you all! Time flies when you're with the ones you love. Mom, Dad and Eli thanks for everything, I love you. Grads of '11, we finally made it! Congrats!

MLT: Get distracted even when her husband's proposing.

Sarah Botting-Provost

It has been great getting to know so many wonderful girls over the last five years. We've made so many memories together, from Sec. 1 orientation all the way to our Sec. 5 retreat. I hope to keep in touch with many of you and look forward to running into you girls in the future. IN A WHILE, CROC-ODILE!



MLT: Include a useless fact in her wedding vows.

Victoria Brand



In the words of William Wallace: FREEEEEDOOOOOMMMM!!! P.S. He's climbin' in yo' windows...

MLT: Be discovered as a stowaway on a certain Star-ship.

Kathleen Brown-Vandecruys



It's been fun while it lasted, living in the moment as a Sacred Heart girl, and taking on adventure after crazy adventure with my girls. But now we must go our separate ways... FREEDOM.

MLT: Go all the way to the Olympics just to become the "Water Girl" due to forgetting her bathing suit at home.

Gabrielle Bucaya



"Never say goodbye, because saying goodbye means going away, and going away means forgetting." -Peter Pan. NOT SO SOON BIG BABOON! Mischief managed.

MLT: Make a man out of you.

Graduates 2011

Elizabeth Bureau



'Tis been a fun ride, gurdas. We came, we ate, we sang joyously in the halls (despite a great many math tests). We've seen each other at our worst and at our best, but at the end of the day, we're still sisters. Live long and prosper Sacred ladies. And remember, napkins on your laps.

MLT: Eat her way to 700 lbs by the time she's 35 as a result of her too frequent trips to McDo.

Cassidy Burke



I can't believe it's already been five years! Thanks girls for the amazing memories and great friendships I've made. Thanks Mum, Dad and Griff. England-France-Wales 2010, I'll never forget. My wolf pack grew by 62. Love you all.

MLT: Track down Santa Claus.

Christina Caccese

Congratulations graduates of '11. It's been an awesome five years. Good luck to every one and thank you for all the memories. Tryin' to hug 'em, so you'd better...



MLT: To make a living by breeding little soft softs while playing her guitar to them.

Meagan Coleman



Grads 2011, we finally made it! The past five years have been so amazing! England-France-Wales-NYC 2010, the best memories ever! Thanks Mom, Dad and Sean for all of the love and support, you're the best. Self high-five, ca-ching. Love you ladies <3

MLT: Wonder if there is more to life than being really, really, ridiculously good-looking.

Allison Coull



GRADS OF '11! Thanks for all the great memories! I'll never forget these years. Thank you to my family, friends and teachers for your support. Can't believe it's already over, I'll miss you all! WE MADE IT! Love ya Sacred sistas xo.

MLT: Ditch plans for dancing because she's too Coull.

Ivana De Lauri



I can't believe that five years have already gone by. It's been amazing. Thanks to my family, my friends and my teachers for all the support and encouragement. I couldn't have done it without you. Congratulations Grads of 2011 and good luck to you all.

MLT: Be the first person to ever run a meeting without speaking.

Forever Young

Sara-Chanel Del Papa



Incredible how five years can pass by so fast. SR, CA and DP, my high school experiences would never have been the same without you. I wish you all the best of luck. Love you all! Grads 2011, Sacred Heart girl for life.

MLT: Kill every joke possible... no? Get it? ...okay.

Laura Delucilla



Laughter and tears, we've been through it all. Thanks to the girls who have made these years amazing, I'll never forget you. I can't believe it's already over! I couldn't have asked for more. Congrats Grads '11, we finally made it!

MLT: Have a modern family.

Julia De Petrillo

Congrats Grads '11, you guys came a long way and now we're finally leaving. Remember to live life to its fullest and just be happy no matter what. Love you guys xoxo.



MLT: Get arrested for partying too much.

Eleni Diacoumacos



"If a man is called to be a Street sweeper, he should sweep streets as Michelangelo painted, or Beethoven composed music. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper that did his job well." – M. Luther King Jr.

MLT: Be a regular on SNL.

Kathleen DiCaprio



Five Candy cane o'grams, \$2.50. Five spirit day tickets, \$20. Five chocolate boxes, \$375. Five years of endless memories, priceless. For everything else there's mom and dad. This year has been LEGEN-dary wait for it-DARY. Congrats and good luck to my Sacred Heart girls!

MLT: Marry a guy who is rarely late and enjoys a nice pair of slacks.

Cristina Di Censo



These last five years have been amazing! I'd like to thank my parents for this opportunity. I'd also like to thank my friends, especially, ED, VC, MR, AP, GB, MV, EM, KA, KV, EP, JD and KBV. Love you girls forever. Once a Sacred Heart Girl, always a Sacred Heart girl.

MLT: Sleep through anything.

Graduates 2011

Elisabeth Dimitratos



Can't believe how the years have gone by so fast! Fellow grads, thanks for the memories! Teachers, your patience and words of wisdom are greatly appreciated. M & D thanks for supporting me and I love you! "So hide yo' kids, hide yo' wives, because it's gon' rain!"

MLT: To play epic music while walking down the aisle, and then quote Family Guy in her vows.

Kristen Di Perno



Thank you for a great five years! I have so many great memories with you girls! Congrats grads 2011! AS LD LG AC LB AA TG SY AH CM CB SR.

MLT: Be a retired billionaire by the age of thirty-five.

Nadia Floriani

"Dreams are my reality." To my Marauders, my Host Club, my epics, my music buddies: we made it, despite it all, so you'd better hide yo' husbands- the class of '11 is flying free. Who better to mark 150 years of awesome? Mischief managed.



MLT: Get her Hogwarts acceptance letter in late, then stalk James Potter and marry him.

Kimberly Fontes



Sacred girls share deodorant, inside jokes, clothes, hugs, tears, laughter, smiles...we're family. People who don't know us think we're crazy, but we know it's just love. I spent five amazing years here and I'm going to miss you all. "Don't cry because it's over. Smile because it happened." Dr. Seuss Congrats Grads of 2011!

MLT: Sign a huge contract with a professional team only to suffer from a season-ending injury.

Leeza Girolami



We have grown much as the years went by, but I tell you now, I will not cry. We shared many sorrows and love we meant- and the memories made in the time we spent. My dearest friends, in my heart you belong, so look forward now, proud and strong.

MLT: Start a "Hug a Stranger" movement.

Lauren Goforth



Holy shmokes we did it! We've survived high school together, let's survive the next 5, 20, 50 years together loving our lives. Mom, Dad and Kyle, you are my life and I love every second of it. Blah, Grads '11... we are pretty awesome.

MLT: Become a tree after she dies.

Forever Young

Laura Griffin



"Pain throws your heart to the ground, love turns the whole thing around, fear is a friend who's misunderstood but I know the heart of life is good." I thank God for blessing me with my family and all those who helped me out of Sacred.

MLT: Get married on a Monday... wait, no that's her day off.

Teresa Griffin

In 5 years, I've made many great friends. We've shared many moments we'll never forget: Philly, Bishops, Stratford... I had much help along the way from family, friends and teachers. A special thanks to my parents, who supported me in everything. To the Grads of 2011, I wish you the best of luck. God bless.

MLT: Keep growing for the rest of her life.



Amanda Hindley

This is it, Sacred Heart is finally getting rid of Hindley girls! NYC-England-Stratford are unforgettable. So many memories and inside jokes to fit in just 60 words. Whatever happens in Wales & NYC, STAYS in Wales & NYC. Look out CEGEP!



MLT: Bake cupcakes for everyone in jail and serve time for a crime she didn't commit, but do it because she felt bad.

Christine Horonowitsch



Look who's graduating! And they say procrastination doesn't work. Ha! To Mama, Tato and Emmy, thanks for the hugs. London-Wales-Paris-NYC. Ladies let's see if the world can handle us. Meet back in the blob in 10 years. Toodaloo XO Chooch

MLT: Ukranian-gypsy cure anyone who gets in the way of her dream to become a Radio City Rockette.

Bernice Law



Congrats Grads of 2011! These 5 years have been unforgettable. Thanks for all the great memories. TG EP PN ID EL NF RLL BRL LG, you guys are the best & I am going to miss you so much. Lastly, hide ya husbands cuz they huggin' everybody out here.

MLT: Marry a British Fabrizio in a pink wedding dress.

Eudice Law

Congrats Grads '11! Thanks to my family, teachers and friends. It's only been 2 years, but I had a great experience at SHSM. Thanks for all the unforgettable memories. BL PN RLL EP TG NF BRL ID LG, love you all. "You don't have to come and confess."



MLT: Marry a tall guy and have normal height children.

Graduates 2011

Rachel Levesque



The end is in sight ladies! We've made it through 5 years of high school. Want to thank all my ladies for being there and making me a better person. Thanks for supporting me. Hoping we all stay close in the future. Love you all.

MLT: Give up everything and live in the forest with her pet moose.

Claudia Lucente



It's passed by so quickly but the memories are bittersweet. I'll miss each one of you because you all helped shape me into becoming the person I am today. D.X. & C.A. and many more, I love you all! I am sure I'll see you all again.

MLT: Defeat Chuck Norris and win The Game.

Elie Manousakis

Dream as if you'll live forever; live as if you'll die today.



MLT: Be on Broadway.

Julia Martignetti



Thanks for the memories, haha. LG, thanks for talking.

MLT: Never understand the meaning of a deadline.

Claire Messenger



Thanks to mom, dad and Shaun for all your support. To my friends, thanks for making the past five years the best they could be. Congratulations Grads of '11, we made it!

MLT: Never get into a place even at 18 and over for being far too short.

Vanessa Minicozzi-Capozzolo

Thank you mom and dad for supporting me throughout these years. "Don't live down to expectations. Go out there and do something remarkable." -Wendy Wasserstein



MLT: Get famous by owning a Cheese Factory.

Forever Young

Carly Molinaro



I'm surprised I actually handed this in. My three years at Sacred have been pretty memorable. I've made friends who came and went, but some who have stayed in my wolf pack: SY. Thank you mom, dad, and Tash, you were so helpful though all my high school years.

MLT: Mess up her wedding vows even if they're written on her hand.

Pascale Nguyen



Friends? Check. Diploma? Check. Success? We're looking for you. "Success is not a destination. It's a journey." A journey we're ready to embark on. RL, BL, EL, NF, EP, TG. The true test of friendship is lasting 5 loud, crazy years together. Mom, dad, I couldn't have done it without you. I LOVE YOU ALL!

MLT: Become a successful, rich and beautiful social hazard.

Erika Pagnotta

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



MLT: Not date a guy because of his eyebrows.

Amanda Paliotti



Wow, it's time for me to move on, while bringing all the good memories. I will always remember 1D Joey, my perfume spilling in the hallways, and me not knowing what a continent was. But most of all, creating nicknames: Romeo, (MR), Sphi (DX), Bucayafish (GB) and Heleni (ED).

MLT: Apologize to inanimate objects.

Denise Pehlivanian



Finally done! Thanks to all my girls for making the best high school memories with me; the past 5 years would have been a bore without you. Carolina, Sarah and Chanel, I love you girls with all my heart. Now let's go into the real world and hope that it's ready for us. Bye bye Sacred.

MLT: Make millions effortlessly and spend all her money on shoes.

Amanda Petropoulos



To my girls, thank you for an amazing 5 years, filled with memories that I'll never forget. Thank you Mommy, Daddy, and Patrick for always being there. High school has brought so many unforgettable times, and there are more to come! CLAAS forever, love you girls! GRADS '11, we did it!

MLT: Become a nun and take an eternal vow of silence.

Graduates 2011

Emily Pimentel



To the 150th class, we've finally arrived. Sacred's given me countless laughs at two in the morning, constantly modified handshakes, and amazing half-time speeches. "We gon' find you." Thank you especially to my family, I love you all.

MLT: Mutter "Wordly Wise" word every time someone uses one for the rest of her life.

Stephanie Rafie



WE MADE IT! I would have never been able to do it without you girls. Great laughs and amazing memories. Mom, Dad, Chris, Ed, Ant thanks for the support! We finally graduated. I'm going to miss you all! Don't cry because it's over, smile because it happened.

MLT: Get arrested for speaking her mind.

Sarah Reusch

"And all the roads we have to walk are winding, and all the lights that lead us there are blinding." DP my gangster for life! CA I'll miss your smile and crazy lunches. SCDP, my brownie and cupcake until the day we die. High school would have been nothing without you!



MLT: Wish we could all get along, like we used to in Middle School. I'd bake a cake filled with rainbows and smiles, and everyone would eat and be happy.

Béatrice Richer Lafleche



You crazy kids make me unbelievably proud to say that you have become a significant part of my life, a piece of my spirit, and the reason behind every smile that I choose to exhibit on a day-to-day basis. Thank you.

MLT: Fail at everything in life, and yet somehow turn out to be successful.

Melanie Romer



Sacred Heart has taught me the values of life and learning. I've met friends here that I'll keep for a long time, and memories that will be forever in my heart. To all my girls, I love you and you've made this experience so fantastic!

MLT: Ignore her alarm on the morning of Graduation, and have to be late every day for a whole other year at Sacred.

Adrienne Silva



Grads of 2011, we've been through so much together. I would especially like to thank my mom, teachers and friends without whom I could not have made it through my 5 years here at Sacred Heart.

MLT: Take pictures at her own wedding.

Forever Young

Melanie Sivapalan



Hey Girlies, we made it! Five years of working our butts off, 5 years of no make-up and 5 years with no nail polish. We definitely did it with style. I am so happy to be graduating with every one of you. Congratulations!

MLT: Find a job that doesn't require being awake.

Chloe Sorella



Aw <3 whuddup?? No more Starbucks runs AA, AP, CM, ST and no more Kellogg's bars (yay!) To all my girlies, I love you soo much, I'll remember you forever. Sacred you've made me laugh, cry and I'll miss you. Buhbye ties!!!

MLT: Fail at becoming queen of the world... YEAH RIGHT!

Chelsea Thompson Quartz

And so this chapter of our lives ends. We arrived as who we were and now leave as who we are. In the end, life is but a series of comings and goings. Veni, vidi, vici, homeboy (home home homeboy). Until we meet again, BRLE, NF and LG.



MLT: Survive the Zombie Apocalypse (with a moustache).

Stephania Trocchia



The past five years will never be forgotten; we had some great memories. Thanks Mona, Da and Andrew for your support. To my girls, you know who you are, love you. Congrats Class of '11! Peace xo.

MLT: Be mistaken for a stop sign because her face matches its color.

Martina Valentim



"If ever there is tomorrow when we're not together... there is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is, even if we're apart... I'll always be with you."

MLT: Go bald from stress!

Kayla Vecera



"Don't ever let somebody tell you, you can't do something. When people can't do something themselves, they want to tell you that you can't do it. If you want something, go get it." -The Pursuit of Happiness

MLT: Make the police officer pay the ticket he gave her.

Graduates 2011

Despina Xanthoudakis



A very big thank you to Sacred for giving the class of '11 an amazing five years! "The mind is everything; what you think, you become." –Buddha. CARPE DIEM

MLT: Give birth to over 9000 babies and name them all "Squishy."

Sarah Yaremko



So how about that ride in? Guess that's why they call it Sacred, haha. Five years of amazing memories. England-France-Wales 2010. Thanks Mom, Dad, MMP for everything. To all my girls, we've been through too much. Love always Grads '11.

MLT: Shotgun wedding in Vegas with Carly Molinaro.

SECONDARY 5: NEVER A DULL MOMENT

This year the Secondary 5 students attended Prize practice in complete 'Bad girl' gear. With their leather jackets, cool shades and ridiculous smirks... It's true what they say! Sacred girls never go out of style.



Grads '11 In Action

Forever Young

THE LAZY SONG (Spoof version by Elisabeth Dimitratos)

Chorus:

Today I don't feel like graduating
I just wanna stay at Sacred
To walk up all of those 5 floors, to walk out of those
Penfield doors
Today I don't feel like graduating
Gonna try to do as much as I can
Go outside, and get a nice tan
Nobody's gon' tell me I can't
Gonna go to lunch, and chill with my friends
The chocolate chip cookies I really recommend
Oh gosh, why does this have to end?

Oh yes I said it, I said it

I said it 'cause I can

(Chorus)

Not at all, ouuuuu 2X

Tomorrow I wake up, put my docs right on

Grab my bag, oh it weighs a ton

And I'll scream out, "Oh my aching back"

We're gonna miss this place

We could all agree

From Maria's strawberries to Mr. Beauvais' goatee

We're on our way and on the right track

Oh yes I said it, I said it,

I said it 'cause I can

(Chorus)

No, I ain't gonna comb my hair

Because there's no boys there

No, no, no, no, no, no, no, no

I'll just strut in my graduation gown

Turn that frown upside down

Yea yea yea yea yea yea

(Chorus)

I'll miss you all, woohoo

I'll miss you all woohoo

I'll miss you all



Baby Photos

Guess Who?



A.S.



V.B.



S.T.



T.G.



S.Y.



S.D.



R.L.



P.N.



N.F.



M.S.



M.R.



M.C.



M.V.



E.D.



L.B.



L.G.



L.G.



L.G.



L.D.



K.F.



K.A.



K.V.



K.B.



K.D.



J.M.



J.D.



I.D.



G.B.



D.X.



E.R.



E.P.



E.D.



D.P.



C.D.



C.M.



C.L.



C.H.



C.C.



C.S.



C.T.



C.B.



C.A.



C.A.



B.L.



A.P.



A.A.



A.P.



A.H.



A.A.



A.C.



B.L.



A.A.



C.M.



V.C.



S.P.



S.B.



S.R.



K.D.



E.M.



A.B.



E.B.

Small enough to hold in your arms,
Big enough to fill your life with joy.



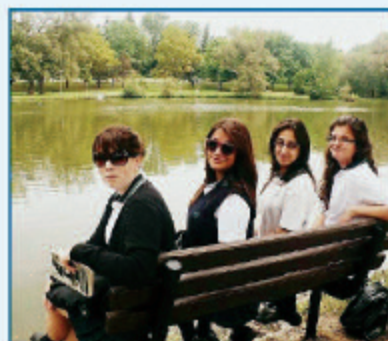


My favorite play was *Peter Pan*. I just loved the set design, the costumes and the creativity.
- Aline Asfour



It was 3 a.m. and we were in the middle of a deep conversation. Suddenly, the air conditioner made a really loud noise! We all screamed. It scared us all so much!
-Bernice Law

My favourite part of the Stratford trip was being able to spend three days with my friends, sharing all the laughs and getting a total of four hours of sleep!
-Rachel Levesque



"Fortunately, we did not see Justin Bieber but we did see his angry ex-girlfriend!"
-Despina Xanthoudakis



Armed with our luggage and many bags of chips, we entered the land of Shakeytown also known as Stratford where many great memories were formed. We enjoyed three plays: the famous Broadway show, *Evita*, the childhood classic, *Peter Pan* and Shakespeare's memorable, *As You Like It*. We were taught the military dance and the lyrics to a song in *Evita* during our theatre workshop which led to endless laughter. We truly had a fantastic time!



STRATFORD



Secondary 5 RETREAT



After four years of wondering what really happens during the Secondary V retreat, we finally found out. Little did we know, an amazing experience, filled with laughter and tears that would bring us together as a grade, awaited us. Along with Mr. Gallo, Ms. Raco and Mr. Beauvais, we played many games, watched touching movies, learnt about the 'Power of One' and sang "Love Song" at the top of our lungs. We will never forget our time together.

NYC Trip



NYC Trip

This year's graduating class roamed through the upbeat and glamorous streets of New York. It is undeniable how fabulous everyone looked! From visiting Time Square to watching a Broadway show and going shopping, to seeing the Statue of Liberty—these girls had the time of their lives. Of course, it would not have been as fun had they not been supervised by Ms. Mastro, Ms. Bronson, Ms. Simpson and Mr. Reda.





Memorable Moments in the Big City



Being in the Big Apple
with my best friends!
- Carolina Alarcon



Going to such iconic
and famous places!
- Christine Horonowitsch



Singing songs from
every musical at night!
- Nadia Floriani

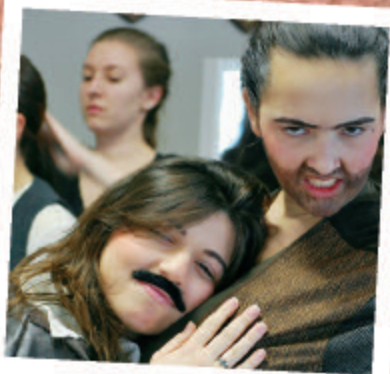


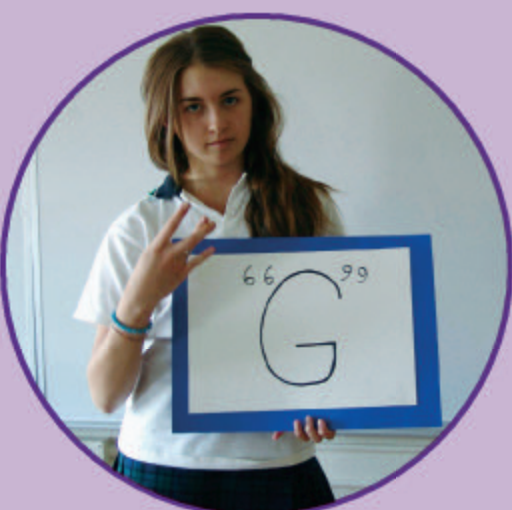
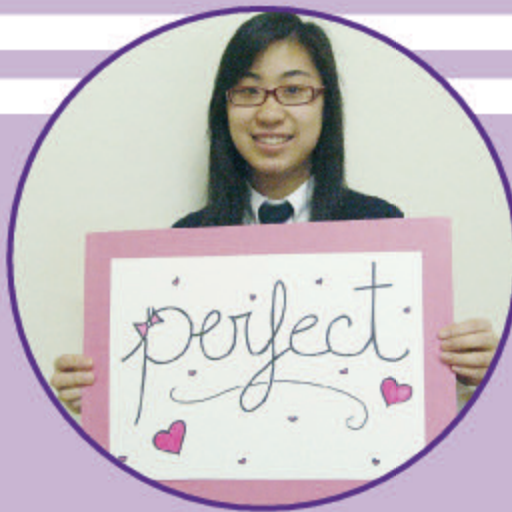
The shopping was just
so much fun!
- Amanda Hindley

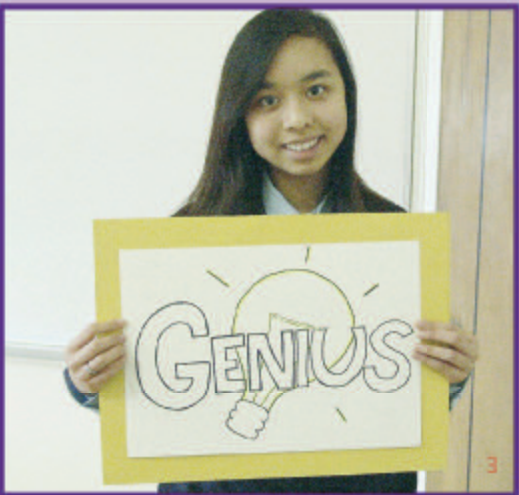
Secondary v Candids

XOXO









Little Miss...



SEC. V ENTERTAINMENT & PIN CEREMONY



This year Sacred Heart decided to try something new. For the first time ever, the girls were able to ask alumnae to attend their Sec. V Pin Ceremony and give them their AMASC pins, making the event that much more special. Following this, the girls headed down to the Reception Room for the traditional and always anticipated Sec. V Entertainment. The graduates were delighted to hear Sarah Turcotte and Lauren Samo perform popular songs from the past five years. The girls sang along with them and enjoyed delicious treats. What a great way to say good-bye!





Grads '11

Convocation

Valedictory Address

Pascale Nguyen

Prizes Awarded:

Head of School's Memory Book Award
The Sister Gertrude McNamara
Memorial Prize
The City House Foundation Bilingual
Proficiency Prize
The Governor General's Medal
The Parents' Guild Award



Five years ago, sixty-seven little girls walked through those unfamiliar Penfield doors for the first time. They were scared, nervous and excited. For them, Sacred Heart was little more than a name. It was a place that would force them to drag themselves out of bed at impossible hours of the morning, but more importantly, it would give them a new beginning. Their story started as they struggled to open their locks and frantically searched for classmates who lived near them to become their 'home-work buddies.' These girls explored the study hall, the locker room, the common room and the library, places that would soon become favourite hang-out spots to gossip about who had had a little too much fun over the weekend, and who had gotten a detention for calling dibs on a piece of pizza by poking it with their fork.

They met their teachers and soon found out that they were not just lecturers and evaluators. These grown-ups could teach math classes on roller skates and scare the girls out of their wits during physics quizzes. This unique group of adults were caring, inspiring and motivating. Not once did they lose faith in the girls, even when the girls themselves were ready to give up. They took on the roles of coaches, guides, wicked broomball opponents and psychologists, but more importantly, they became a constant and much needed source of support for the girls. For this, the young students would be forever grateful.

Over the years, the girls were taught new things from the art of sitting appropriately to solving beloved log functions. They learnt that the best way to get a fellow student to do something was by bribing them with cupcakes or cheese. But above all, they learnt through experience that Sacred Heart girls were always there for each other. Sadly, five years have rapidly soared by and now here stand the little girls transformed into young ladies, ready to take on the future. Friends, sisters, we are the graduates of 2011. Together, we've lived through a total of 50 Wordly Wise lessons and we've shamelessly belted out Love Song at the top of our lungs during our Sec.V retreat.

Together, we've grown up as individuals and as a grade. Together, we've been through it all. We even survived the "end of the world" with barely a blink.

Five years ago, we walked into Sacred surrounded by strangers. We formed an odd mix of people with different nationalities, personalities, talents and ambitions. Meanwhile, despite these differences, each person complemented each other and built upon one another. Like words on a page, we came together as one to create a special story, and if even one of us had been missing, the story just wouldn't have been the same; it wouldn't have been complete. Sure, like any other large group of girls enclosed in a small space for great lengths of time, we've had our disputes and dramas, but not once did we let them get between the bonds we had so intricately crafted.

Well, it's been a long time since we first walked through those Penfield doors. And though Sacred Heart is still a place that forces us to drag ourselves out of bed at impossible hours of the morning, it's also become a place where some of our most cherished moments have unfolded, a place

where we have met some of the people who have had the greatest impact on our lives, a place of comfort and a home.

Sacred Heart represents our last five years, accounting for almost a third of our entire lives. We've built amazing friendships, painted unforgettable memories and strengthened our values and character. We've pushed ourselves to experience things we never thought we would do. I mean, who would have thought Kathleen Brown Vandergruys could make such good guy! Her performance as Fezzik in the drama production surely proved to us she could. And no one would have guessed that Elizabeth's hair would miraculously grow overnight, yet it did! Alas, we've now reached the point where we will have to let go of everything that has become so familiar.

Dear fellow graduates, here we are on the day we've dreamt about for so long. All those late night talks about the future; well, this is it. Though we'll walk out of here scared, nervous, but excited, a little like the way we first shuffled in, we'll walk out proud with our heads held high and our diplomas firmly held in our hands. Each and every one of you have a heart filled with love and compassion, a drive that will help you achieve whatever you set your minds upon and inner strength that will help you overcome whatever hardship comes your way.

Casting our gaze to the future is nerve-racking but I know that ahead of each and every one of us lies a bright journey. We leave here with a solid academic base to build upon and a strong grasp of the meaning of friendship and family. Look around you and look into your lives. We are lucky to have had such good teachers, fortunate to have such supportive parents and we've been blessed with incredible friends, all of whom will be there to encourage us through every decision we will ever have to make. Needless to say, we are equipped with everything we could possibly need to succeed, and so grads, never let anything bring you down. I know that the success we strive for and one day will achieve will be not only in our professional lives but in our personal lives as well, because if these high school years have been any indication, we will all go on to touch the hearts of the people we meet in ways we can't possibly imagine. Trust me, I would know; I can't even begin to say how much you've all touched me.

To the parents of the graduates: congratulations. Look at your beautiful daughters and how much they've accomplished. You've done an incredible job nurturing your little girl and guiding her into becoming a fine young lady and there's so much for you to be proud of. You've been the voice of reason, always ready to offer a helping hand or lend a listening ear and we wouldn't have made it here if it hadn't been for you. So a special and heartfelt thank you for your undying love and for always having been there for us.

In all honesty, when I first walked into Sacred Heart, I would never have believed that those strangers by my side would one day mean the world to me and never did I think it would be so hard to say good-bye. Look at the girl to your right, then the one to the left and hold their hands. We came in here alone, but we'll walk out as one. We will leave holding every person and every memory close to our heart. It won't be long before things change and though we will go our separate ways, we will forever be joined as Sacred Heart's 150th graduating class, the class of 2011. I love you all, grads '11!



Estelle Fitzgibbon Memorial Prize



McGill Science Award



Bruce M. Hicks Public Service
Award



The Patty Forbes Memorial Prize



Judith Rossi Memorial Prize



Mater Service Award
BLC Award for English



Provincial Council Award



Sacred Heart of Montreal Art Prize
The Auriol Wilkins Roper Memorial Prize
Frances Smith Prize



Sacred Heart Music Award



Norman T. Byrne Memorial
Prize



Heather MacDougall Memorial
Prize



Student Council Prize



BLC Award for English



BLC Award for English



The Soeur Annette Archambault
Memorial Prize



Judith Rossi Memorial Prize



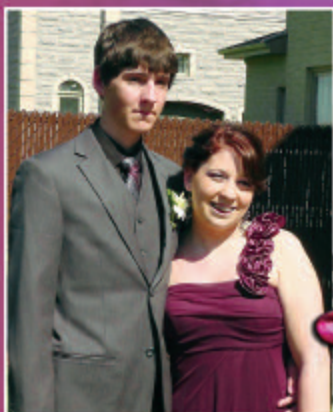
Parents' Guild Prize for Social
Sciences



Parents' Guild Prize for Social
Sciences

*Five Years Honor Roll Prizes:
Aline Asfour, Nadia Floriani, Sarah Botting-Dro-
vest, Laura Delucilla, Kimberly Fontes and Emily
Zimentel*

*Five Year Distinction Prize:
Pascale Nguyen*



It was a night to remember with
the people dearest to us.



It's the people in the pictures
that make the pictures cute.



Cheers to a wonderful night, and a new
beginning!



Carly and Sarah giving their
heartfelt speech.





the dress the dinner the dance

Months of planning, endless stressing and hundreds of dollars spent all on this one special night. After taking numerous pictures and enjoying a pre-prom cocktail at school, the girls headed to the Westin to eat and dance the night away. The evening ended with the traditional father-daughter dance and the girls' favorite song: Alice the Camel. What a beautiful night it was!



Grads '11



The last picture taken as prefects.

Some pictures are best squished together and photobombed.





Student Life



SHSM 150

Student Life has always played an important role at Sacred Heart. Throughout the years, many clubs have come and gone, but Sacred Heart has always been a place of much activity and much fun. In the 1970s, a host of interesting clubs were offered, such as the animal club, modern, jazz and social dance clubs, and a keep-fit club.

There was even a modelling club where girls were taught the rules of etiquette, fashion and make-up and put on a glamorous fashion show at the end of the year to showcase what they had learnt.

BARAT



House Head : Amanda Hindley

Mascot : Sophie the Bear

Co-Captains : Rachel Levesque, Caitlin Matthew

G.A.A. Representatives : Amanda Marino & Kayleigh Metcalfe

DIGBY



House Head : Andrea Angelini

Mascot : Leo the Lion

Co-Captains : Leeza Girolami

G.A.A. Representatives : Olivia D' Ambrosio & Jessica Delucilla

••••• DUCHESNE •••••



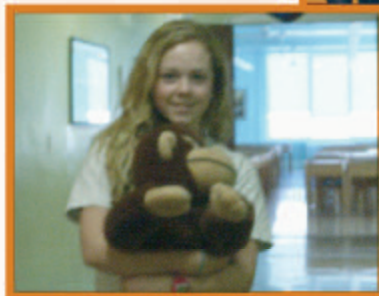
House Head : Christine Horonowitsch
 Mascot : Rose the Ladybug
 Co-Captains : Stephania Trocchia & Rachel Rubbo
 G.A.A. Representatives : Alexandra Gentile & Catherine McDonald

••••• DUROUSIER •••••



House Head : Aline Asfour
 Mascot : Honey the Bee
 Co-Captains : Jasmine Rach & Alessia De Petris
 G.A.A. Representatives : Kylie Sura, Olivia Bouskill & Catherine D' Ambrosio

HARDEY



House Head : Kristen Di Perno
Mascot : Henrietta the Monkey
Co-Captains : Allison Coull & Sarah Murphy
G.A.A. Representatives : Alexa Eberle, Valeria Cori-
Manocchio & Charlotte Le Fèvre

SHELDON



House Head : Nadia Floriani
Mascot : Shelly the Turtle
Co-Captains : Bernice Law & Hannah Ryan
G.A.A. Representatives : Chloe Sorella & Larissa Serafin

STUART



House Head : Kathleen Dicaprio
 Mascot : Dylan the Dolphin
 Co-Captains : Adrienne Silva & Victoria Perrotta
 G.A.A. Representatives : Claudia Salvo, Sarah Harris-
 Gendron & Stefany Sacchetti

TRINCANO



House Head : Sarah Botting-Provost
 Mascot : Cassie the Cow
 Co-Captains : Claudia Di Salvatore & Elena Kratsios
 G.A.A. Representatives : Sarah Camacho &
 Katherine Drummond

SPORTS DAY



This year's Sports Day was more action-packed than ever! With superheroes guiding us through dangerous obstacles, everyone had an exciting afternoon.

The final challenge for each house was to make their house advisor into their own superhero! What a super way to end the day!



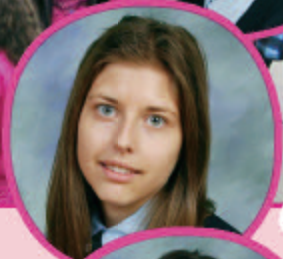


Committee Members

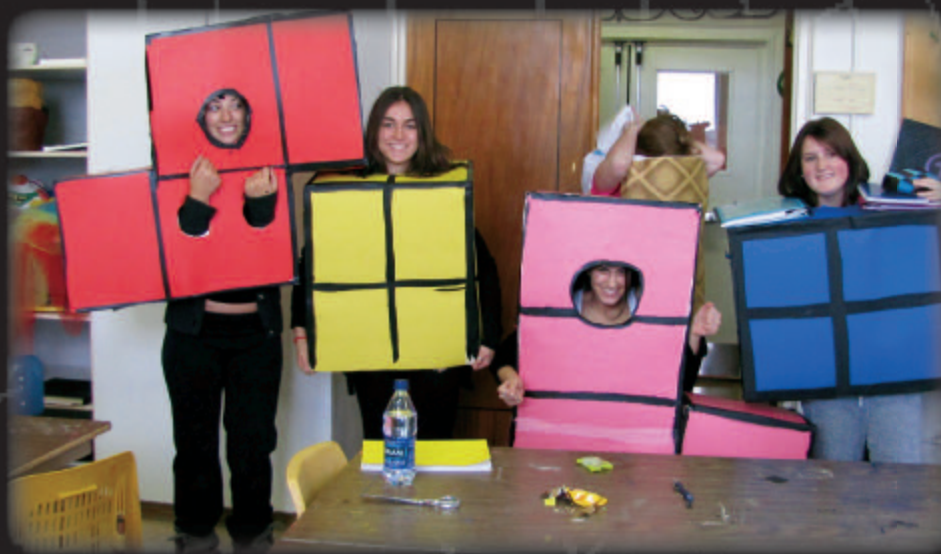
Girls for the Cure



This year, Trafalgar, QAA, ECS, Villa Maria, the Study, and Sacred Heart walked in Girls for the Cure. Sacred raised over \$23,000, and together our schools raised more than \$150,000 that will go towards breast cancer research. Our special guest this year was Melanie Dee Marshman, a young cancer survivor. She touched us all with her heartfelt story and inspired us to live each day to the fullest. It was a day of fun and inspiration, all for a great cause!



SPIRITS DAY





This year's Spirit Day was full of memorable costumes ranging from sunflowers to geisha girls to cowboys. That morning, to get to their lockers, the girls had to walk through a haunted hallway where various scary notes from 'A' awaited them. Luckily, everyone escaped unscathed and were able to enjoy the Sec V vs. teachers game of broomball. What a fun-filled day!



Christmas Wishes



This year's Christmas Wishes told the story of Santa before he was Santa. Santa meets his mentor the Great Ahk, and through it all learns the true meaning of Christmas. He is then transformed into the Santa Claus we all know and love.



Christmas Around the World

This year, Sacred celebrated Christmas Around the World for the first time. Students and teachers donned their cultural garb and brought in ethnic dishes to share with their grade. Mrs. Claus and Santa meandered among the snacking students spreading good wishes and Christmas cheer. And everyone colored a gingerbread according to their nationalities to decorate our international Christmas tree!



Behind the Scenes

The girls learn the art of sword fighting, and other things...



Christmas Concert



Christmas at the Heart

Christmas is always a very special time at Sacred.



Christmas at Sacred is a time when we think about others, be it by bringing in spare change to buy gifts for underprivileged children, by filling boxes with food for poor families, or by buying Candycane-o-grams!

Candycane-o-grams & Christmas Baskets

La Semaine de Français

La pièce de théâtre



La Semaine de Français était remplie d'activités amusantes comme une pièce de théâtre et un repas de Cabane à Sucre, accompagné de musiciens.



Dashabustadd



Dashabustadd this year was even more amazing than ever! Set amidst different TV shows, Sacred really showed off its talent, with acts ranging from dance to rap written by some of our own students. What a show!



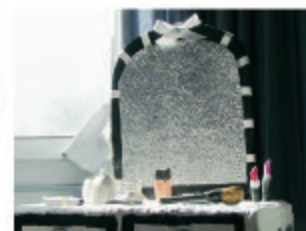
the gallery

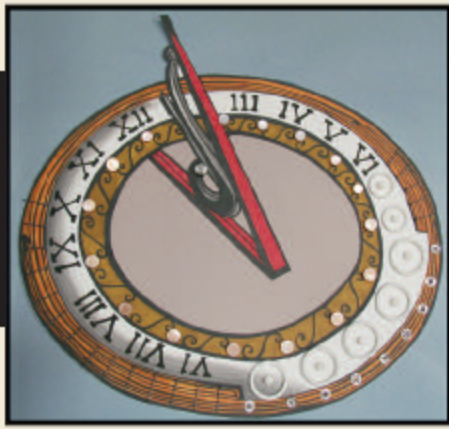


let the evolution begin



This year's Arts Festival, themed "Evolution" featured media, art, music and fashion, ranging from vinyl records, to watercolours to sculptures. The fashion show highlighted different eras of fashion as the models walked to music of each era. The band and vocal ensemble delighted the audience with a selection of music from some of Broadway's biggest hits. What an amazing show!





the princess bride



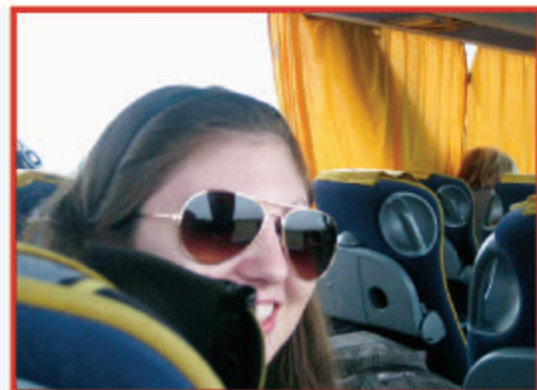
Hello, lady! The Princess Bride, S. Morgenstern's classic tale of fencing, fighting, torture, revenge, giants, monsters, chases, escapes, true love, and miracles leapt off the page and screen and came to life this year on our stage! Expertly performed by two different casts of our resident City House Players, the dread pirate, dastardly prince, swashbuckling swordsman and gruesome count all fought for the hand of the beloved princess bride! Did we forget the giant? Inconceivable!





ITALIA 2011

Venezia Roma
Sorrento San Gimignano
Pompeii Firenze



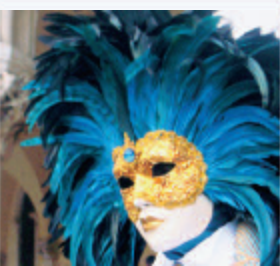


Buongiorno, carinal
Thirty-six of us girls, along with Ms. Gendron,
Ms. Vaupshas, and Ms. Melvor, packed our bags and
flew off to enjoy March Break in Italy. Lounging
in the airport, hanging out on the Spanish steps,
and bargaining in the markets - we did it all! We
gorged on gelato, crêpes, prosciutto, Nutella, and
pasta. We walked where Roman Gladiators fought
in the Coliseum, and discovered who snores and
who ... We explored Venice, Florence, Sorrento,
San Gimignano, Ancient Pompeii, and Rome. All
in all, we had an unforgettable March Break 2011!
Ciao! See you soon.

Love you.
XOXO



To: All my friends
Sacred Heart School of
Montreal
3635 Atwater Avenue
Montreal, QC
H6H 1Y4



Field Trips

Band Trip



This year, the students involved in Concert Band and Vocal Ensemble attended Camp CAMMAC. This trip was planned to prepare the pieces the girls performed at the Arts Festival in May. In addition to the practice time, several fun activities were planned to improve musical technique as well as create a sense of togetherness and team work. The band was also given the pleasure of working with Steve Dubinsky, who helped them create a better balance and sound with his lessons. The girls put in a lot of hard work and effort in those days at camp, but also had a great amount of fun doing it. A very special thanks to Ms Martel and Ms Bangs for organizing such a special trip.



Sec III Montreal Heritage - Trip to Mile End



The Secondary III Montreal Heritage elective enjoyed exploring Montreal and discovering a bit of the rich culture we possess. They went to Mont Royal, a Canadiens game, Military Base Blackwatch, and discovered the ins and outs of the Mile End community. It was a great trip; the girls had lots of fun, and were even given free bagels and T-shirts from St. Viateur Bagels. Free food and clothes--what more could a girl ask for?





Hannah Ryan
Sydney, Australia



Angelina Smolynec
(Host)



Eleni Diacoumacos
Omaha, Nebraska

The World is a book,
and those who do not
travel read only a page.

- Saint Augustine



Georgia Therriault
Sydney, Australia



Alexa Eberle
Melbourne, Australia

Student Exchange



Sarah Murphy
Brisbane, Australia

I loved going on student exchange to Australia! I had a great time visiting all around Brisbane and my host family was so nice! It was a great experience and I would do it again in a heartbeat!

- Sarah Murphy



ROBOTICS

This year, Sacred Heart participated in the kiosk, website, engineering and video portions of the CRC competition, basing their work on an *Alice in Wonderland* theme. Through hard work and with the help of Ms. Gendron, Ms. Martel, Mr. Reda, Mr. Beauvais, as well as the French and English departments, the students did a fantastic job. Furthermore, their robot, the Jabberwocky, made it all the way to the semi-finals and placed sixth overall!





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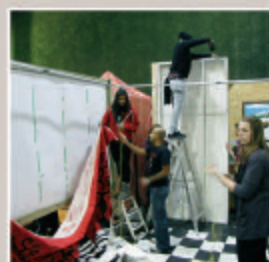


Engineering



Although it sounds like just paint and games, the kiosk wasn't exactly easy. Even the rough drafts for the backdrop required long hours of hard work and dedication. However, my experience was undeniably enjoyable. With some teamwork and a dose of enthusiasm, kiosk is-- and will always be-- a fun, and very important part of Robotics.

Kiosk



“



”

The hardest part with engineering was designing the robot, but once that was done I had so much fun building it! Overall, it was an amazing experience.



Video



Website



The Final Match



Winterfest



Winterfest was so much fun outside in the snow! We got to spend time with our house.

-Eudice Law



Winterfest was a fun-filled day organized by the Prefects. Instead of regular house meetings, the entire school went outside to participate in a snowshoe race and an obstacle course and to drink hot chocolate. Everyone had a blast throwing snowballs at each other!





Sacred Heart's first ever Walk-a-thon for the 150th anniversary campaign was a great success, raising a total of \$9,200 for bursaries. It was followed by a delicious Prefect and Family BBQ. Corn, hot dogs, hamburgers, chips and ice cream made for a scrumptious lunch. The grads went on to drench each other with water and dance together. What an amazing day!



Walk-a-thon & BBQ



Alessia Castonguay, Erika Cheng-Tarantino, Stephanie D'Arienzo, Georgette Kyres, Natasha Hodge-Masnaghetti, Sofia Massari, Ariana Pagnotta, Erika Pagnotta, Emma Pallay, Maria Power, Joyce Salvo, Sarah Spagnulo, Nicole Tieman, Norah Woodcock
Advisor: Ms Gendron



Iohserenha:wi Bova, Elizabeth Dimitriatos, Sheridan Harel, Georgette Kyres, Athina Tzinevrakis, Despina Xanthoudakis
Advisor: Ms Gendron

clubs

Do not go where the path may lead:
 go instead where there is no path and
 leave a trail.

- Ralph Waldo Emerson

Junior Book Club

Kayla Cabanas, Lisa-Marie Giorgio, Honey Griffin, Georgette Kyres, Esmé Panarello, Alicia Pinck, Sara Pulice, Anthea Savolidis, Abigail Trevino
Advisor: Ms Arella





Literary Magazine

Amanda Atallah, Katherine Chamandy, Amanda Larosa, Alexina McLeod, Nora Woodcock, Myriam Zakaib
Advisor: Ms McIvor



Senior Book Club

Katherine Chamandy, Jennifer Junio, Candice Law, Bernice Law, Rachel Levesque, Amanda Larosa, Nicole Tieman, Alexia Tummillo
Advisor: Ms Arella



Environment Club

Kenzia Araujo, Alessia Castonguay, Thea Koper, Natasha Hodge-Masnaghetti, Jenna Novosad, Anthea Saviolidis, Angelina Smolynec, Sara Tagliamonti, Abigail Trevino
Advisor: Mr. Laperle



Yoga Club

Sofia Bittichesu, Kelly Burchell-Reyes, Christina Caccese, Alessia Castonguay, Laura D'Altillia, Hannah Hyde-de Sousa, Caroline Jeanson, Georgette Kyres, Emily Kyte, Emma Kyte, Bernice Law, Candice Law, Eudice Law, Giuliana Mannarino, Esme Panarello, Maria Power, Kylie Sura, Despina Xanthoudakis, Tatiana Mikus, Stephanie D'Arienzo, Elie Manousakis, Angelina Smolynec, Thea Koper
Advisor: Ms Raco



Ski Club

Victoria Brand, Stephanie D'Arienzo, Charlotte Lefèvre, Rachel Levesque, Pascale Nguyen, Melanie Romer, Sara Tagliamonti
Advisor: Mme Talbot



Ultimate Frisbee

Emilie Dupuis, Caroline Koranteng, Esmé Panarello, Hannah Ryan, Larissa Serafin
Advisor: Mr. Pagé





Jennifer Baratang Junio, Alessia De Petris, Nadia Floriani, Leeza Girolami, Stephanie Gravel, Charlotte Lefèvre, Amanda Marino, Bethany Mount, Esme Panarello, Victoria Perrotta, Sara Pulice, Jasmine Rach, Anthea Saviolidis, Sarah Turcotte

Advisor: Ms Martel



Kelly Burchell-Reyes, Alessia Costanguay, Cassandra Estefanos, Nadia Floriani, Leeza Girolami, Natasha Hodge-Masnaghetti, Georgette Kyres, Charlotte Lefèvre, Mary-Lynne Loftus, Amanda Marino, Tatiana Mikus, Bethany Mount, Esme Panarello, Isabella Papalia, Beatrice Richer-Lafleche, Rachel Rubbo, Sarah Turcotte, Katrina Vecera

Advisors: Ms Martel & Ms Bangs

music

washes away from the soul
the dust of everyday life.

— Berthold Auerbach





Beginner Band

Sabrina Correia, Serena English, Karen Golfi, Sophia Koper, Rebecca McPherson, Dana Malowany, Claudia Massarelli, Marissa Mezzaluna, Victoria Morin, Jessica Rouiller, Sabrina Sharifi-Alamdary, Abigail Trevino, Katrina Vecera

Advisor: Ms Bangs



Junior Band

Caterina Alfieri, Felisa Antonanzas, Sabrina Belcourt, Sofia Bitichesu, Alessia Castonguay, Corinne Darche, Juliana De Stefani, Constantina Gicopoulos, Kaitlin Hagen, Caroline Koranteng, Mary-Lynne Loftus, Lauren Mezzaluna, Raphaela Nikolopoulos, Arianna Pagnotta, Sarah Spagnuolo, Athina Tzenivakis

Advisor: Ms Bangs



Concert Band

Victoria Alescio, Kaia'tizio Barnes, Kathleen Brown-Vandecruys, Gabriella Caruso, Eleni Diacoumicos, Cristina Di Censo, Tracy Do, Nadia Floriani, Mireille Forget, Leeza Girolami, Teresa Griffin, Maris Jacobs, Thea Koper, Amanda LaRosa, Charlotte Le Fèvre, Kimberley Marks-Beaubrun, Bethany Mount, Pascale Nguyen, Emily Pimentel, Beatrice Richer-Lafèche, Brigid Roberts, Hannah Ryan, Nicoletta Saviolidis, Joanna Tsotas

Advisor: Ms Bangs

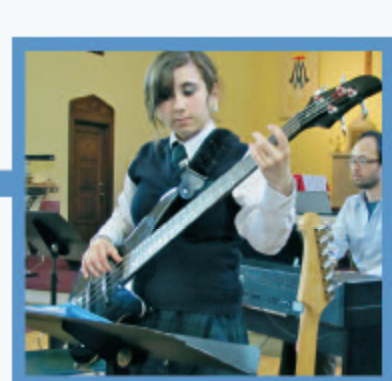


Jazz Band

Kathleen Brown-Vandecruys, Christina Caccese, Cristina Di Censo, Nadia Floriani, Leeza Girolami, Teresa Griffin, Emily Pimentel, Beatrice Richer-Lafèche, Hannah Ryan, Joanna Tsotas

Advisor: Ms Bangs

BAND







Sports

SHSM 150

The Sacred Heart School of Montreal received its first banner for competition with the GMAA in 1977-78 for Bantam Alpine Ski and Midget Cross Country Ski. We won our first team banner in 1992-93 for Juvenile Soccer. In addition, we were the first team from Québec to win the CA+IS Sr. Soccer Tournament in 2008-2009. Way to go Saints!

Team banners were displayed in the front of the Study Hall until 1992. After the gym's opening that spring, they moved to their current home.



Fall Sports & Soccer



Sophie Cruvellier, Karen Golfi, Bernice Law, Sarah Murphy, Kylie Sura, Nicole Tieman
Coach: M. Page



Liana Beyukian, Allison Coull, Kristen Di Perno, Alexa Eberle, Maris Jacobs, Rebecca Letrouneau-Doynstee, Melinda Meloche, Stephanie Rafie, Anthea Saviolidis, Nicoletta Sav-
iolidis, Abigail Trevino
Coaches: Mme Talbot & Mme Belfort



It was a great day of golf-
ing, and we all had a lot of
fun. It took a lot of team
effort to win the banner,
but it all paid off.

- Sarah Murphy



Olivia Bouskill, Alice Brais, Adele Brawley, Victoria Brand, Kathleen Brown-Vandecruys,
Stephanie Gravel, Caroline Jeanson, Oona Joy, Rachel Little Levesque, Kelly McCulloch,
Ariana Pagnotta, Kylie Sura Coaches: Teresa Little & Mme de Sainte Marie



Bantam Soccer

Erika Cheng-Tarantino, Sabrina Correia, Avery Diabo, Serena English, Lisa Giaccari, Karen Golfi, Angelina Griffin, Dana Mallowany, Claudia Massarelli, Tatiana Mikus, Tori Miron, Raphaela Nikolopoulos, Ariana Pagnotta, Jessica Rouillier, Louise Toukalas **Coach:** Ms Vaupshas



Midget Soccer

Claudia Belliveau, Valeria Cori-Manocchio, Catherine D'Ambrosio, Sierra D'Ambrosio, Jessica Delucilla, Katherine Drummond, Allyson Fontes, Sarah Harris-Gendron, Catherine McDonauld, Amanda Marino, Adriana Mauchan, Kayleigh Metcalfe, Sara Pulice, Stefany Sacchetti, Larissa Serafin, Sarah Spagnuolo **Coach:** Ms Simpson



Juvenile Soccer

Meagan Coleman, Olivia D'Ambrosio, Sara-Chanel Del Papa, Claudia Di Salvatore, Kim Fontes, Lauren Goforth, Thea Koper, Caitlin Matthew, Emily Pimentel, Marina Prezioso, Hannah Ryan, Claudia Salvo, Adrianne Silva, Angelina Smolynec, Chloe Sorella, Sarah Yaremko **Coach:** Mr. Gallo



The taste of victory against Stanstead and Pickering was sweet. The best part was Mr. Gallo's "Have you ever won anything at this school?" speech. He really knows how to motivate us to win!



Volleyball & Basketball



Ilana Cappello, Emilie Dupuis, Juliana de Stefani, Cassandra Estefanos, Sophia Koper, Callie Koranteng, Rebecca McPherson, Lauren Mezzaluna, Marissa Mezzaluna, Katya Zappitelli
Coach: Mr. Pagé



Victoria Alescio, Amanda Alessi, Emilie Dikranian, Lisa-Marie Giorgio, Charlotte Le Fèvre, Julia Messina, Pascale Nguyen, Lauren Samo, Sara Tagliamonti
Coach: Mrs. Cumming



When I got MVP at the championship. I was really excited and proud of the team. It was an amazing experience that I will never forget!

- Marissa Mezzaluna



Jessica Abreu-Moore, Aline Asfour, Alex Bergeron, Sarah Botting-Provost, Christine Horonowitsch, Claudia Lucente, Julia Martignetti, Stephanie Rafie
Coach: Ms Lecuyer



Sabrina Belcourt, Sierra D'Ambrosio, Allyson Fontes, Lisa Giaccari, Sophia Koper, Rebecca Letourneau-Duynstee, Rebecca McPherson, Cayleigh Sorella, Louisa Tsoukala, Katya Zappitelli
Coaches: Victoria Wells and Ms Simpson



Catherine McDonald, Valeria Cori-Manocchio, Adrianna Mauchan, Gabriella D'Onofrio, Kayleigh Metcalfe, Jessica Delucilla, Alexandra Gentile, Amanda Marino, Catherine D'Ambrosio, Julia Messina, Leona Glaudemans (M) Coach: Ms Lecuyer



Laura Delucilla, Kathleen DiCaprio, Kristen DiPerno, Kimberly Fontes, Lauren Goforth, Teresa Griffin, Amanda Hindley, Stephanie Rafie, Hannah Ryan, Lauren Samo, Melanie Sivapalan, Chloe Sorella Coaches: Ritou Maloni and Kourtney DiPerno



It was so cool to meet a Montreal celebrity! The best part of course was our victorious win over his daughter's team! WOW!

- Chloe Sorella

This winter, our juvenile basketball team participated in the Montreal Independent Schools basketball tournament. Attending the event was local celebrity Kirk Muller, who played for many teams in the NHL including our beloved Montreal Canadiens. He is best known for being the assistant coach to the Canadiens.

He is a very down-to-earth person and it was great to meet him.

-Kimberly Fontes

Winter & Spring Sports



Hockey

Sophie Cruvellier, Katherine Drummond, Sarah Harris-Gendron, Dana Malowany, Caitlin Matthew, Claudia Salvo, Joyce Salvo, Monica Sapala, Larissa Serafin, Erica Starnino, Martina Valentim, Rachelle Valentim
Coaches: Ms Brown & Mr. Pagé



Cross Country Skiing Midget

Abigail Trevino, Maris Jacobs, Caroline Chamandy, Honey Griffin, Alicia Pinck, Sara Pulice, Anthea Saviolidis
Coach: Mme Talbot



Cross Country Skiing Juvenile

Alexa Eberle, Nicole Tieman, Elizabeth Bureau, Cristina Di Censo, Melanie Romer, Claudia Lucente
Coach: Mme Talbot



Badminton

Laura Raco, Angelina Griffin, Sarah Spagnuolo, Raphaela Kiolopoulos, Caterina Alfieri, Corrine Darche, Kelly Burchell-Reyes, Tatiana Mikus, Constantina Giopoulous, Honey Griffin, Charlotte Lefevre, Lauren Maruya-Li, Candice Law, Catherine McDonald, Vivian Luong, Sara Tagliamonti, Tracy Do, Lauren Goforth, Melanie Sivapalan, Bernice Law, Adrienne Silva, Pascale Nguyen, Stephanie Rafie, Angelina Smolyneec
Coaches: Ms Cardillo & Mr. Thiruchelvam



Bantam Football

Rebecca Letourneau-Duynstee, Julia Skothos, Rebecca McPherson, Allyson Fontes, Sierra D'Ambrosio, Juliana de Stefani, Lauren Mezzaluna, Sarah Spagnuolo, Gabriella De Mauro, Ariana Pagnotta, Katya Zapitelli, Raphaela Nikopoulos, Katherine Panet-Raymond
Coaches: Ms Valela, Mr. Gallo & Mr. Thiruchelvam



Midget Football

Valeria Cori-Manocchio, Kayleigh Metcalfe, Catherine McDonald, Catherine D'Ambrosio, Amanda Marino, Larissa Serafin, Jessica Delucilla, Adrianna Mauchan, Alex Gentile, Stefany Sacchetti, Katherine Drummond, Olivia Bouskill, Sarah Harris-Gendron
Coaches: Ms Simpson & Mr. Cumming



Juvenile Football

Stephanie Rafie, Melanie Silvapalan, Sara-Chanel Del Papa, Hannah Ryan, Claudia Salvo, Jessica Abreu-Moore, Kimberly Fontes, Lauren Goforth, Eleni Diacoumacos, Teresa Griffin, Aline Asfour, Laura Delucilla (M).
Coaches: Mr. Pagé and Ms. Lecuyer



- Alexa Eberle

Cross country skiing is an individual sport that requires a lot of hard work. But what was really nice was that the whole team is always there to support each other. It was a great season, and I had a blast! Coming in first was the icing on the cake.

Spring Sports



Felisa Antonanzas, Liana Beyukian, Laura Delucilla, Alexa Eberle, Kim Fontes, Maris Jacobs, Rebecca Letourneau, Rachel Levesque, Lauren Mezzeluna, Emma Pally, Adrienne Silva, Sarah Turcotte
Coaches: Ms Cardillo & Ms MacIntosh

Track & Field

Liana Beyukian, Kimberly Fontes, Dana Malowany, Lauren Maruya-Li, Stephanie Rafie, Victoria Sarker, Chloe Sorella, Martina Valentim, Nina Zampogna
Coach: Mme Belfort

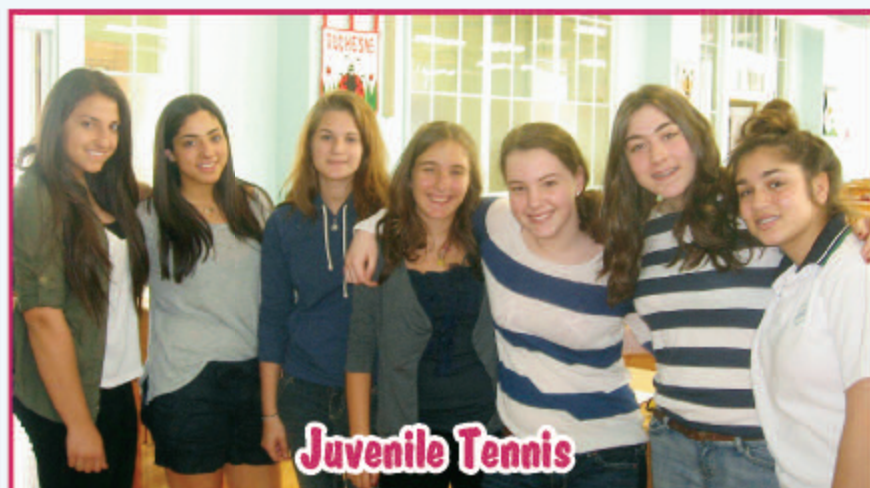


Sports Banquet





Carina Anelli , Sabrina Coreirra, Corinne Darche, Cassandra Estefanos, Alexa Glaudemans, Ines Romera-Pamplona, Katrina Vecera
Supervisor: Ms Lecuyer



Aline Asfour, Gabriella Caruso, Caroline Chamandy, Kelly McCullough, Alicia Pinck, Stephanie Rafie, Nikki Saviolidis
Supervisor: Ms Simpson



This year's Sports Banquet was a great way to wrap up the sporting season. Our guest speaker, Charlene LaBonte, inspired us with her story about how she made her way to the top. It showed us that we should persevere no matter what.

Athletes of the Month

SHSM Saints



Kayleigh Metcalfe



IIIC, Barat
Sport: Soccer
Other Accomplishments:
Irish Dancing

SHSM Saints



Sara Tagliamonti



IIIA, Stuart
Sport: Volleyball
Other Accomplishments:
Scholarship Recipient, Plays
Competitive Volleyball

SHSM Saints



Kristen Di Perno



VB, Hardey
Sport: Basketball
Other Accomplishments:
Hardey House Head

SHSM Saints



Amanda Marino



IIIA, Barat
Sport: Basketball
Other Accomplishments:
Class Representative &
Faculty Scholars

SHSM Saints



Alexa Eberle



IVC, Hardey
Sport: Cross Country Skiing
Other Accomplishments:
Gold Medal in Cross
Country Skiing

SHSM Saints



Lauren Goforth



VB, Barat
Sport: Touch Football
Other Accomplishments:
Head of Art Committee

SHSM Saints



Kimberly Fontes



VB, Digby
Sports: Touch Football, Track &
Field & Halo
Other Accomplishments: Sec-
retary/Treasurer of Student
Council, Went to Provincials in
Track, placed 19th in 200m

MVP Recipients for the Year

Aline Asfour: Tennis
Kathleen Brown-Vandecruys: Swimming
Kristen Di Perno: Basketball & Cross Country Running
Lauren Goforth: Touch Football
Marissa Mezzaluna: Tournament MVP for Championship game
Pascale Nguyen: Badminton
Stephanie Rafie: Tennis & Volleyball

Banners Won:

Golf
Bantam Volleyball
Cross Country Ski
Sportsmanship

150th Opening Ceremony



To begin this very special 150th year, the Sacred Heart School of Montreal prepared a fantastic ceremony in which the Concert Band, the Vocal Ensemble, and alumnae speakers delighted us all. The Montreal Jubilation Choir entertained us with an amazing performance of several melodious songs. It was certainly a great way to start off the year.

Bell Centre Family Skate

A celebratory event for our 150th

On March 25, 2011, the Sacred Heart community celebrated its 150th anniversary with a family skate event at the Bell Centre. Approximately 350 people were there to join in the celebration. One of the highlights of the evening was the hockey game between the Saints and the Alumnae. The final score was 2-1 Saints. Another focal point of the evening was a beautiful performance by the Synchro United Ice FSC Montréal-Nord synchronised skating team, featuring our very own Sofia Bittichesu. It was a great evening of fun, laughter, and much skating.



SPOTLIGHT





Capture the moment



Hi everyone! Look at me skate...



Time to get ready for action. Let's do a little stretch there, a little stretch here.



Even though he can be annoying at times, he's still my little brother, and I love him.



What a fun time hanging out with our friends, ice skating at the Bell Centre! Let's do this every week.





"The City House" at 3635 Atwater Avenue.

The Tartan tunic uniform.



Junior School students at the Convent of the Sacred Heart.

1861 - The opening
of the Sacred Heart
School in Montreal

1911

June 1929 - Fire damages Le
Sault and many students
come to the City House.

September 1966 - Tartan
tunic becomes new dress
uniform

June 1972 - Jr. and Lower
Sr. School close
Gr. 7 joins High School

February 1978 - Mistresses'
Feast, later called Faculty
Feast is now renamed
DASHABUSTADD

December 1975 - 1st
issue, City House
Newsletter

1861

October 1928 - 1st Mass at the
new Convent of the Sacred Heart
known as "the City House" at
3635 Atwater Avenue

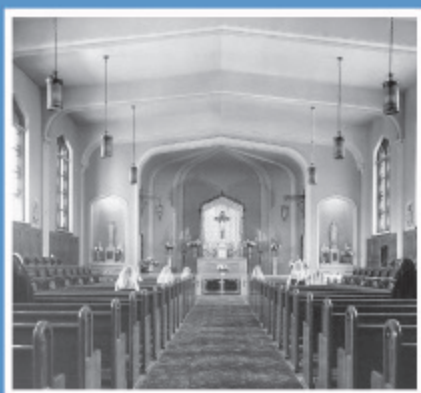
June 1970 - RSCJ
sell Le Sault known
as L' école Sophie
Barat, to CECM

September 1976
- The school
joins the GMAA

May 1962 - Last class of
French students at the City
House

September 1974 - A new
House System begins with
8 houses named after RSCJs

June 1978- End
of the Tartan
Dress Uniform



The chapel at the new Convent
of the Sacred Heart.

The Study Hall at the Convent
of the Sacred Heart.



The introduction of the new uniform.
Notice the tunics as well as the
new uniforms.

The Saints name and logo.



City House turns 75 years old.

150th Graduation Ceremony.



September 1983 - A Day Cycle (1-6) replaces Monday-Friday schedule

September 1980 - 1st computer acquired for the students' use

February 1992 - New school gym named after former Headmistress

January 1997 - Athletics team name/logo of Saints is created

September 1997 - School computers are linked to the Internet

November 2003 - The "City House" turns 75 years old

June 2011 - 150th Graduation Ceremony takes place

December 2007 - Mother Johnson dies at Barat Residence, Halifax

May 1986 - The 125th Anniversary is celebrated with a Reunion dinner, Mass and Open House

September 1982 - Convent of the Sacred Heart changes its name to The Sacred Heart School of Montreal

May 1991 - 1st Athletic Banquet

June 1993 - Mother Johnson retires as Headmistress after 34 year of service to the school

September 1993 - Mrs. Burns becomes Headmistress

June 1999 - Mrs. Burns retires as Headmistress

September 1999 - Mrs. Elaine Brooks takes over as Headmistress

September 2004 - 1st Instrumental Concert band

June 2009 - Mrs. Elaine Brooks retires as Headmistress

September 2009 - Mr. Shawn O'Donnell is the 1st male Head of School

2011

The name is changed to the Sacred Heart School of Montreal.



Mother Johnson
Headmistress from 1959-2003

A special thank you to Kathleen Brown-Vandercruys for putting together this time line that we were able to use.

Mr. Shawn O'Donnell
Head of School from
2009 - present

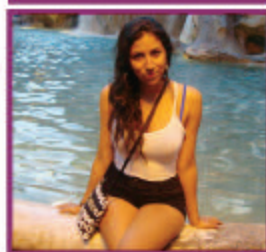
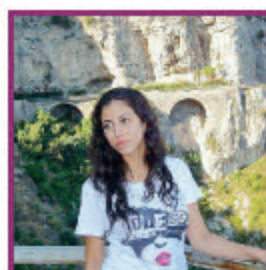
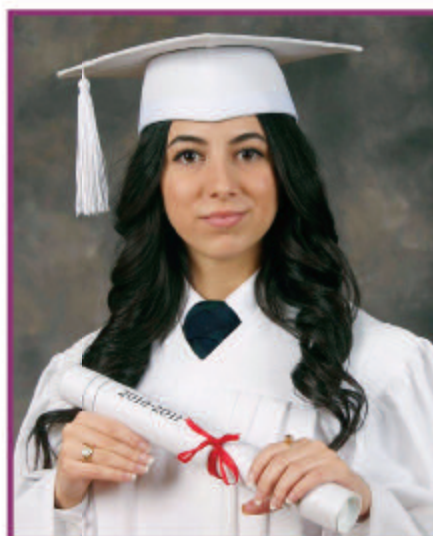


Bernice Law



Dear Bernice,
 Congratulations! We are so proud of you for the success you have attained at Sacred Heart. It was wonderful to see you grow in so many ways. You have become a wonderful and responsible young woman. We couldn't have asked for anything more. We wish you all the best in the future. We know you will rise to the challenges life will give you because you are capable of great things.
 Love Mother, Father & Candice

Denise Pehlivanian



Congratulations Denise!
 We are so proud of our beautiful young lady. We will forever cherish the memories of seeing you develop your amazing character during your high school years. Congratulations on your accomplishments and may you continue to thrive. Trust in your judgment and your instincts in your journey of life. We believe you can and will achieve success in anything you decide on. Follow your dreams. Follow your heart. We adore you,
 Mom and Dad

Chloe Sorella

We are so proud of all the accomplishments you have made since the beginning of your high school years. We wish you even more for the years to come and throughout your life. Keep dreaming big and never give up. God luck with your soccer career. Félicitation ma Grenouille!_!
 Luv Maman, Daddy & Cayleigh



Eudice Law



Congratulations on all your accomplishments over the past two years. We are so proud of you. Don't be afraid to achieve your dreams. We will always support you no matter where you are. We wish you happiness and success in the long journey of your life.
 Love Mom, Dad & Eunice



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*The Sacred Heart Alumnae Association
congratulates the graduates of the
Class of 2011*

and welcomes you as new members into:

The Alumnae Association of Montreal

The Canadian Association of Sacred Heart Alumnae

L'Association mondiale des anciennes du Sacré-Coeur

*We invite you to return, enjoy and participate in many
annual events held in partnership with the school.*



Girls
for the
Cure

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Bazaar

AMASC
Pin
Ceremony

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coming

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Day

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*May our friendship last forever
by Nicholas Gordon*

*May our friendship last forever;
May I sail upon your sea.
May we go through life together;
May there always be a "we."
May I be your endless sky;
May you breathe my gentle air.
May you never wonder why
Each time you look for me, I'm there.
May we be for each a smile
Like the warm, life-giving sun;
Yet when we're in pain awhile,
May our suffering be one.
May we share our special days,
The happiness of one for two;
And if we must go separate ways,
Let my love remain with you.*



Congratulations to the Graduating Class of 2011



A daughter is just a little girl who grows up to be a friend.

From the Parents' Guild

There is a time for joy
A time for tears
A time we will treasure
Through the years
We will remember always

Sacred

